



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 11001, Alfalfa seeds, sprouted, raw**

**Report Date: July 04, 2017 16:35 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 33g	1 tbsp 3g
<b>Proximates</b>						
Water	g	92.82	6	0.299	30.63	2.78
Energy	kcal	23	--	--	8	1
Energy	kJ	96	--	--	32	3
Protein	g	3.99	10	0.563	1.32	0.12
Total lipid (fat)	g	0.69	10	0.141	0.23	0.02
Ash	g	0.40	10	0.044	0.13	0.01
Carbohydrate, by difference	g	2.10	--	--	0.69	0.06
Fiber, total dietary	g	1.9	--	--	0.6	0.1
Sugars, total	g	0.20	--	--	0.07	0.01
Sucrose	g	0.00	3	--	0.00	0.00
Glucose (dextrose)	g	0.08	5	0.039	0.03	0.00
Fructose	g	0.12	6	0.059	0.04	0.00
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	32	10	4.659	11	1
Iron, Fe	mg	0.96	10	0.114	0.32	0.03
Magnesium, Mg	mg	27	10	3.978	9	1
Phosphorus, P	mg	70	10	7.914	23	2
Potassium, K	mg	79	10	9.790	26	2
Sodium, Na	mg	6	10	1.094	2	0

Nutrient	Unit	1 g			1 cup 33g	1 tbsp 3g
		Value Per 100	Data points	Std. Error		
Zinc, Zn	mg	0.92	10	0.273	0.30	0.03
Copper, Cu	mg	0.157	10	0.017	0.052	0.005
Manganese, Mn	mg	0.188	10	0.019	0.062	0.006
Selenium, Se	μg	0.6	--	--	0.2	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	8.2	10	0.678	2.7	0.2
Thiamin	mg	0.076	10	0.005	0.025	0.002
Riboflavin	mg	0.126	10	0.017	0.042	0.004
Niacin	mg	0.481	10	0.044	0.159	0.014
Pantothenic acid	mg	0.563	10	0.069	0.186	0.017
Vitamin B-6	mg	0.034	10	0.005	0.011	0.001
Folate, total	μg	36	10	0.800	12	1
Folic acid	μg	0	--	--	0	0
Folate, food	μg	36	10	0.800	12	1
Folate, DFE	μg	36	--	--	12	1
Choline, total <sup>1</sup>	mg	14.4	--	--	4.8	0.4
Betaine <sup>1</sup>	mg	0.4	1	--	0.1	0.0
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	8	--	--	3	0
Retinol	μg	0	--	--	0	0
Carotene, beta	μg	87	--	--	29	3
Carotene, alpha	μg	6	--	--	2	0
Cryptoxanthin, beta	μg	6	--	--	2	0
Vitamin A, IU	IU	155	--	--	51	5
Lycopene	μg	0	--	--	0	0
Lutein + zeaxanthin	μg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.01	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	μg	30.5	--	--	10.1	0.9

**Lipids**

Nutrient	Unit	1			1 cup 33g	1 tbsp 3g
		Value Per 100	Data points	Std. Error		
	g					
Fatty acids, total saturated	g	0.069	--	--	0.023	0.002
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.002	--	--	0.001	0.000
16:0	g	0.059	--	--	0.019	0.002
18:0	g	0.008	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.056	--	--	0.018	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.056	--	--	0.018	0.002
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.409	--	--	0.135	0.012
18:2 undifferentiated	g	0.234	--	--	0.077	0.007
18:3 undifferentiated	g	0.175	--	--	0.058	0.005
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Threonine	g	0.134	1	--	0.044	0.004
Isoleucine	g	0.143	1	--	0.047	0.004
Leucine	g	0.267	1	--	0.088	0.008
Lysine	g	0.214	1	--	0.071	0.006
Valine	g	0.145	1	--	0.048	0.004
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0

Nutrient	Unit	1	Data points	Std. Error	1 cup 33g	1 tbsp 3g
		Value Per100 g				
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Flavones						
Apigenin <sup>2</sup>	mg	0.0	1	--	0.0	0.0
Luteolin <sup>2</sup>	mg	0.0	1	--	0.0	0.0
Flavonols						
Kaempferol <sup>2</sup>	mg	0.0	1	--	0.0	0.0
Myricetin <sup>2</sup>	mg	0.0	1	--	0.0	0.0
Quercetin <sup>2</sup>	mg	1.7	1	--	0.6	0.1
Isoflavones						
Daidzein <sup>3 4 5 6</sup>	mg	0.02	8	0.05	0.01	0.00
Genistein <sup>3 4 5 6</sup>	mg	0.02	8	0.04	0.01	0.00
Glycitein <sup>4 6</sup>	mg	0.00	6	0	0.00	0.00
Total isoflavones <sup>3 4 5 6</sup>	mg	0.04	8	0.09	0.01	0.00
Biochanin A	mg	0.03	2	--	0.01	0.00
Formononetin	mg	1.43	3	2.14	0.47	0.04
Coumestrol	mg	1.60	3	2.67	0.53	0.05

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

<sup>2</sup>Sampson, L., Rimm, E., Hollman, P.C.H., de Vries, J.H.M., and Katan, M.B. Flavonol and flavone intakes in US health professionals, 2002 J. Am. Diet. Assoc. 102 10 pp.1414-1420

<sup>3</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States), 2000 Cancer Causes and Control 11 pp.289-298

<sup>4</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201

<sup>5</sup>Franke, A. A., Custer, L. J., Cerna, C. M., and Narala, K. Rapid HPLC analysis of dietary phytoestrogens from legumes and from human urine., 1995 Proc. Soc. Exp. Biol. Med. 208 pp.18-26

<sup>6</sup>Murphy, P. A., Song, T., Buseman, G., Barua, K., Beecher, G. R., Trainer, D., and Holden, J. Isoflavones in retail and institutional soy foods., 1999 J. Agric. Food Chem. 47 pp.2697-2704